Upstream

Melissa Lion

Upstream Dan Heath, 2020-03-03 Wall Street Journal Bestseller New York Times bestselling author Dan Heath explores how to prevent problems before they happen, drawing on insights from hundreds of interviews with unconventional problem solvers. So often in life, we get stuck in a cycle of response. We put out fires. We deal with emergencies. We stay downstream, handling one problem after another, but we never make our way upstream to fix the systems that caused the problems. Cops chase robbers, doctors treat patients with chronic illnesses, and callcenter reps address customer complaints. But many crimes, chronic illnesses, and customer complaints are preventable. So why do our efforts skew so heavily toward reaction rather than prevention? Upstream probes the psychological forces that push us downstream—including "problem blindness," which can leave us oblivious to serious problems in our midst. And Heath introduces us to the thinkers who have overcome these obstacles and scored massive victories by switching to an upstream mindset. One online travel website prevented twenty million customer service calls every year by making some simple tweaks to its booking system. A major urban school district cut its dropout rate in half after it figured out that it could predict which students would drop out—as early as the ninth grade. A European nation almost eliminated teenage alcohol and drug abuse by deliberately changing the nation's culture. And one EMS system accelerated the emergency-response time of its ambulances by using data to predict where 911 calls would emerge—and forwarddeploying its ambulances to stand by in those areas. Upstream delivers practical solutions for preventing problems rather than reacting to them. How many problems in our lives and in society are we tolerating

simply because we've forgotten that we can fix them?

Upstream Mary Oliver, 2019-10-29 One of O, The Oprah Magazine's Ten Best Books of the Year The New York Times bestselling collection of essays from beloved poet, Mary Oliver. "There's hardly a page in my copy of Upstream that isn't folded down or underlined and scribbled on, so charged is Oliver's language . . . " -Maureen Corrigan, NPR's Fresh Air "Uniting essays from Oliver's previous books and elsewhere, this gem of a collection offers a compelling synthesis of the poet's thoughts on the natural, spiritual and artistic worlds . . . " —The New York Times "In the beginning I was so young and such a stranger to myself I hardly existed. I had to go out into the world and see it and hear it and react to it, before I knew at all who I was, what I was, what I wanted to be." So begins Upstream, a collection of essays in which revered poet Mary Oliver reflects on her willingness, as a young child and as an adult, to lose herself within the beauty and mysteries of both the natural world and the world of literature. Emphasizing the significance of her childhood "friend" Walt Whitman, through whose work she first understood that a poem is a temple, "a place to enter, and in which to feel," and who encouraged her to vanish into the world of her writing, Oliver meditates on the forces that allowed her to create a life for herself out of work and love. As she writes, "I could not be a poet without the natural world. Someone else could. But not me. For me the door to the woods is the door to the temple." Upstream follows Oliver as she contemplates the pleasure of artistic labor, her boundless curiosity for the flora and fauna that surround her, and the responsibility she has inherited from Shelley, Wordsworth, Emerson, Poe, and Frost, the great thinkers and writers of the past, to live thoughtfully, intelligently, and to observe with passion. Throughout this

collection, Oliver positions not just herself upstream but us as well as she encourages us all to keep moving, to lose ourselves in the awe of the unknown, and to give power and time to the creative and whimsical urges that live within us.

Swimming Upstream Paul A. Sabatier, Will Focht, Mark Lubell, Zev Trachtenberg, Arnold Vedlitz, 2005-04-29 In recent years, water resource management in the United States has begun a shift away from top-down, government agency-directed decision processes toward a collaborative approach of negotiation and problem solving. Rather than focusing on specific pollution sources or specific areas within a watershed, this new process considers the watershed as a whole, seeking solutions to an interrelated set of social, economic, and environmental problems. Decision making involves face-toface negotiations among a variety of stakeholders, including federal, state, and local agencies, landowners, environmentalists, industries, and researchers. Swimming Upstream analyzes the collaborative approach by providing a historical overview of watershed management in the United States and a normative and empirical conceptual framework for understanding and evaluating the process. The bulk of the book looks at a variety of collaborative watershed planning projects across the country. It first examines the applications of relatively short-term collaborative strategies in Oklahoma and Texas, exploring issues of trust and legitimacy. It then analyzes factors affecting the success of relatively long-term collaborative partnerships in the National Estuary Program and in 76 watersheds in Washington and California. Bringing analytical rigor to a field that has been dominated by practitioners' descriptive accounts, Swimming Upstream makes a vital contribution to public policy, public

administration, and environmental management.

Upstream Langdon Cook, 2017-05-30 Finalist for the Washington State Book Award • From the award-winning author of The Mushroom Hunters comes the story of an iconic fish, perhaps the last great wild food: salmon. For some, a salmon evokes the distant wild, thrashing in the jaws of a hungry grizzly bear on TV. For others, it's the catch of the day on a restaurant menu, or a deep red fillet at the market. For others still, it's the jolt of adrenaline on a successful fishing trip. Our fascination with these superlative fish is as old as humanity itself. Long a source of sustenance among native peoples, salmon is now more popular than ever. Fish hatcheries and farms serve modern appetites with a domesticated "product"—while wild runs of salmon dwindle across the globe. How has this onceabundant resource reached this point, and what can we do to safeguard wild populations for future generations? Langdon Cook goes in search of the salmon in Upstream, his timely and in-depth look at how these beloved fish have nourished humankind through the ages and why their destiny is so closely tied to our own. Cook journeys up and down salmon country, from the glacial rivers of Alaska to the rainforests of the Pacific Northwest to California's drought-stricken Central Valley and a wealth of places in between. Reporting from remote coastlines and busy city streets, he follows today's commercial pipeline from fisherman's net to corporate seafood vendor to boutique marketplace. At stake is nothing less than an ancient livelihood. But salmon are more than food. They are game fish, wildlife spectacle, sacred totem, and inspiration—and their fate is largely in our hands. Cook introduces us to tribal fishermen handing down an age-old tradition, sport anglers seeking adventure and a renewed connection to the wild, and scientists and activists working tirelessly to

restore salmon runs. In sharing their stories, Cook covers all sides of the debate: the legacy of overfishing and industrial development; the conflicts between fishermen. environmentalists, and Native Americans; the modern proliferation of fish hatcheries and farms; and the longstanding battle lines of science versus politics, wilderness versus civilization. This firsthand account—reminiscent of the work of John McPhee and Mark Kurlansky—is filled with the keen insights and observations of the best narrative writing. Cook offers an absorbing portrait of a remarkable fish and the many obstacles it faces, while taking readers on a fast-paced fishing trip through salmon country. Upstream is an essential look at the intersection of man, food, and nature. Praise for Upstream "Invigorating . . . Mr. Cook is a congenial and intrepid companion, happily hiking into hinterlands and snorkeling in headwaters. Along the way we learn about filleting techniques, native cooking methods and self-pollinating almond trees, and his continual curiosity ensures that the narrative unfurls gradually, like a long spey cast. . . . With a pedigree that includes Mark Kurlansky, John McPhee and Roderick Haig-Brown, Mr. Cook's style is suitably fluent, an occasional phrase flashing like a flank in the current. . . . For all its rehearsal of the perils and vicissitudes facing Pacific salmon, Upstream remains a celebration."—The Wall Street Iournal

The Social Determinants of Health Kathryn Strother Ratcliff,2017-08-31 This timely book takes seriously the idea of understanding how our social world – and not individual responsibility or the healthcare system – is the primary determinant of our health. Kathryn Strother Ratcliff puts into practice the upstream imagery from public health discourse, which locates the causes (and

solutions) of health problems within the social environment. Each chapter explains how the policies, politics, and power behind corporate and governmental decisions and actions produce unhealthy circumstances of living - such as poverty, pollution, dangerous working conditions, and unhealthy modes of food production - and demonstrates that putting profit and politics over people is unhealthy and unsustainable. While the book examines how these unhealthy conditions of life generate significant class and ethnic health disparities, the focus is on everyone's health. Arguing that none of us should be placed in healththreatening situations that could have been prevented, Ratcliff's provocative analysis uses social justice and human rights lenses to guide the discussion upstream, toward possible changes that should produce a healthier world for us all. Using data and ideas from many disciplines, the book provides a synthesis of invaluable information for activists and policymakers, as well as for professionals and students in sociology, public health, and other fields related to health.

Upstream Beth Rose Middleton Manning, 2018-10-02
From Mandan, Hidatsa, and Arikara lands in South Dakota; to Cherokee lands in Tennessee; to Sin-Aikst, Lakes, and Colville lands in Washington; to Chemehuevi lands in Arizona; to Maidu, Pit River, and Wintu lands in northern California, Native lands and communities have been treated as sacrifice zones for national priorities of irrigation, flood control, and hydroelectric development. Upstream documents the significance of the Allotment Era to a long and ongoing history of cultural and community disruption. It also details Indigenous resistance to both hydropower and disruptive conservation efforts. With a focus on northeastern California, this book highlights points of intervention to increase justice for Indigenous

peoples in contemporary natural resource policy making. Author Beth Rose Middleton Manning relates the history behind the nation's largest state-built water and power conveyance system, California's State Water Project, with a focus on Indigenous resistance and activism. She illustrates how Indigenous history should inform contemporary conservation measures and reveals institutionalized injustices in natural resource planning and the persistent need for advocacy for Indigenous restitution and recognition. Upstream uses a multidisciplinary and multitemporal approach, weaving together compelling stories with a study of placemaking and land development. It offers a vision of policy reform that will lead to improved Indigenous futures at sites of Indigenous land and water divestiture around the nation.

Swimming Upstream Shirley Zinn, 2016-02-29 Shirley Zinn's story is one of determination, courage, and triumph over incredible adversity. Born and raised on the Cape Flats, Shirley never allowed her past to dictate her future. She proved that the typical story of a girl from the Cape Flats - that of gangsterism, alcoholism and teenage pregnancy - didn't have to be her story. Instead she relentlessly pursued her own goals and forged an impressive academic career even when she faced significant odds. And when she'd done that, she set out to conquer the world of business. Shirley is a formidable woman with an amazing story to tell. She has risen to the top of the pile in both academic and business circles, and yet she has retained great humanity and empathy in the face of great personal tragedy. Her story has lessons for us all - whether we are ordinary or extraordinary, whether we work in business, in government, or at home. Shirley's story will inspire you and show you that it is possible to achieve your goals, if you are prepared to swim upstream

and be single-minded in getting where you want to be.

Swim Upstream Dave Myers,2010-09 Author Dave Myers invites you to explore God deeper through his creation and see the rich lessons that are revealed in it. The perfect choice for any outdoorsman, Swim Upstream: An Outdoorsman's Guide to Spiritual Adventure is formatted as an easy to follow month-long devotional. Its offering of anecdotes and spiritual insight will bring your heart alive with stories of outdoor adventures and help you to clearly see the higher truths of God, showing you exactly what it takes to Swim Upstream. --from publisher's description.

Swimming Upstream Laura Hensley Choate, 2016 Many of today's parents struggle with their approach in raising a healthy daughter within our complex culture. Never before have girls been faced with so many pressures to live up to confusing and often contradictory cultural expectations. These burdens are intense, newly evolving, and are affecting girls at earlier and earlier ages. As girls of all ages listen to the messages of popular culture, they gather that their worth is based upon a perfect appearance, the ability to gain attention and approval from others, and their accrual of accomplishments. As girls absorb these expectations, they begin to believe they are not good enough as they are. They are not able to develop an authentic sense of self because they lose themselves in trying to become what the culture dictates. It is not surprising that with all of these pressures, girls are experiencing stress, emptiness, and skyrocketing rates of mental health problems. Parents know that something is very wrong with today's culture, but they can't quite put a name on the problem. Many feel helpless as popular cultural influences pervade modern life at every turn. This book, however, provides parents with reassurance that

their influence can make a significant difference in their daughters' development. Parents are empowered to make positive choices to help girls learn to resist cultural pressures and to successfully navigate the transitions they will face in their journey as girls in today's culture. Written in an engaging, practical style, Laura Choate draws from research and counseling literature to provide parents with tools they can use to teach their daughters the power of resilience. The book begins with a portrait of the contemporary adolescent girl's environment, including an in-depth exploration of cultural pressures and an overview of how these pressures influence girls' physical, cognitive, and social development. In the second part of the book, parents learn about five resilience dimensions that girls need not only to survive, but to thrive as they develop during girlhood and adolescence. Practical tools for instilling resilience regarding girls' positive body image, healthy relationships with friends and romantic partners, and management of high-pressure academic environments through a redefinition of what it means to be successful are all discussed extensively.

Upstream & Down Howard Talbot Walden,1938
Upstream Metropolis Lawrence Harold
Larsen,2007-01-01 Being a man, like being a woman, is something you have to learn, Aaron Raz Link remarks. Few would know this better than the coauthor of What Becomes You, who began life as a girl named Sarah and twenty-nine years later began life anew as a gay man.

Upstream Thomas McGuane, 2000 Charles Lindsay's grandfather taught him to fly-fish when he was nine years old. Ever since, in pursuit of trout and solitude, he has immersed himself in the clear, rushing waters of the American West. Fly rod in hand, he participates in the ancient rituals between predator and prey. At times

photographing beneath the surface of the water, Lindsay literally enters the world of the trout. In this close observance of the cosmos within the river, he explores the fundamental relationship of all life to water. The photographs in Upstream illuminate a primitive world of elemental beauty and fractured light--abstract and utterly in motion. At the dawn of the twenty-first century, with wilderness under siege and humanity increasingly removed from nature, Lindsay uses his camera to express the enduring vitality of the natural world. Thomas McGuane, avid fly-fisherman, author, and frequent contributor to Sports Illustrated and Riverwatch, brilliantly explores these themes in his accompanying text.

Swimming Upstream Kristine O'Connell George, 2018-03 A collection of poems capture the feelings and experiences of a girl in middle school.

Upstream - Downstream Donald Scherer, Contains essays that explore non-reciprocated relationships with regard to the environment. This work includes contributions that discuss moral issues that arise when decisions by individuals, corporations, or governments cause changes in the environment that affect those who do not participate in the decisions.

The Fish Ladder Katharine Norbury, 2015-08-11 Katharine Norbury was abandoned as a baby in a Liverpool convent. Raised by a loving adoptive family, she grew into a wanderer, drawn by the landscape of the British countryside. One summer, following the miscarriage of a much-longed-for child, Katharine sets out-accompanied by her nine-year-old daughter, Evie-with the idea of following a river from the sea to its source. The luminously observed landscape grounds the walkers, providing both a constant and a context to their expeditions. But what begins as a diversion from grief evolves into a journey to the source of

life itself: a life threatening illness forces Katharine to seek a genetic medical history, and this new and unexpected path delivers her to the door of the woman who abandoned her all those years ago. Combining travelogue, memoir, exquisite nature writing, and fragments of poems with tales from Celtic mythology, The Fish Ladder has a rare emotional resonance. It is a portrait of motherhood, of a literary marriage, a hymn to the adoptive family, but perhaps most of all it is an exploration of the extraordinary majesty of the natural world. Imbued with a keen and joyful intelligence, this original and life-affirming book is set to become a classic of its genre.

Process Safety in Upstream Oil and Gas CCPS (Center for Chemical Process Safety),2021-04-13 The book makes the case for process safety and provides a brief overviews of the upstream industry and of CCPS Risk Based Process Safety. The majority of the book focuses on the concepts of implementing process safety in wells, onshore, offshore, and projects. Topics include Overview of Upstream Operations; Overview of Risk Based Process Safety (RBPS); Application of RBPS in Drilling, Completions, Work-Overs & Interventions, Application of RBPS in Offshore Production, Application of RBPS to Engineering Design, Installation, and Construction, Future Developments in the Field

Upstream Marketing Tim Koelzer, Kristin Kurth, 2021-04-13 In Upstream Marketing, authors Tim Koelzer and Kristin Kurth share best practices, research, case studies, and analysis informed by their more than twenty years of experience helping transform client brands and businesses through their work at EquiBrand Consulting, a top management consultancy. The result is a groundbreaking deep-dive into the fundamentals of upstream marketing—the process of identifying and

fulfilling customer needs, which relies on the strategic implementation of three core principles: insight, identity, and innovation. An invaluable tool for business leaders looking for mindset, strategy, and processes that will help them improve their organization proactively, instead of reactively. Upstream Marketing includes meticulous analysis of seven profile companies, breaking down the values and principles that make them great—and offering some how-to tips you can apply yourself. The authors also draw on examples from their own work with clients to help illustrate how applying the principles of upstream marketing correctly and at the right time can impact the health, growth, and success of any business.

Upstream Langdon Cook, 2017-05-30 Finalist for the Washington State Book Award • From the award-winning author of The Mushroom Hunters comes the story of an iconic fish, perhaps the last great wild food: salmon. For some, a salmon evokes the distant wild, thrashing in the jaws of a hungry grizzly bear on TV. For others, it's the catch of the day on a restaurant menu, or a deep red fillet at the market. For others still, it's the jolt of adrenaline on a successful fishing trip. Our fascination with these superlative fish is as old as humanity itself. Long a source of sustenance among native peoples, salmon is now more popular than ever. Fish hatcheries and farms serve modern appetites with a domesticated "product"—while wild runs of salmon dwindle across the globe. How has this onceabundant resource reached this point, and what can we do to safeguard wild populations for future generations? Langdon Cook goes in search of the salmon in Upstream, his timely and in-depth look at how these beloved fish have nourished humankind through the ages and why their destiny is so closely tied to our own. Cook journeys up and down salmon country, from the glacial rivers of Alaska to

the rainforests of the Pacific Northwest to California's drought-stricken Central Valley and a wealth of places in between. Reporting from remote coastlines and busy city streets, he follows today's commercial pipeline from fisherman's net to corporate seafood vendor to boutique marketplace. At stake is nothing less than an ancient livelihood. But salmon are more than food. They are game fish, wildlife spectacle, sacred totem, and inspiration—and their fate is largely in our hands. Cook introduces us to tribal fishermen handing down an age-old tradition, sport anglers seeking adventure and a renewed connection to the wild, and scientists and activists working tirelessly to restore salmon runs. In sharing their stories, Cook covers all sides of the debate: the legacy of overfishing and industrial development; the conflicts between fishermen, environmentalists, and Native Americans; the modern proliferation of fish hatcheries and farms; and the longstanding battle lines of science versus politics, wilderness versus civilization. This firsthand account—reminiscent of the work of John McPhee and Mark Kurlansky—is filled with the keen insights and observations of the best narrative writing. Cook offers an absorbing portrait of a remarkable fish and the many obstacles it faces, while taking readers on a fast-paced fishing trip through salmon country. Upstream is an essential look at the intersection of man, food, and nature. Praise for Upstream "Invigorating . . . Mr. Cook is a congenial and intrepid companion, happily hiking into hinterlands and snorkeling in headwaters. Along the way we learn about filleting techniques, native cooking methods and self-pollinating almond trees, and his continual curiosity ensures that the narrative unfurls gradually, like a long spey cast. . . . With a pedigree that includes Mark Kurlansky, John McPhee and Roderick HaigBrown, Mr. Cook's style is suitably fluent, an occasional phrase flashing like a flank in the current. . . . For all its rehearsal of the perils and vicissitudes facing Pacific salmon, Upstream remains a celebration."—The Wall Street Journal

Swimming Upstream James P. McCullough, Ir..2019-11-22 Swimming Upstream By: James P. McCullough, Jr. Swimming Upstream: A Story about Becoming Human is a memoir divided into two parts. Part One is a personal story of the author's toxic early developmental experiences and the subsequent effects of chronic depression, as well as the specific life experiences that enabled him to modify his early maladaptive history and mature. Part Two is a history and description of the author's forty-seven-year career as an academic clinical psychologist and his research with chronic depression. His therapy model, The Cognitive Behavioral Analysis System of Psychotherapy (CBASP), is the only treatment model designed specifically to treat the chronically depressed patient. CBASP has been personally used by the author to treat 450 chronically depressed patients; therefore, Swimming Upstream is essentially a story of a life trajectory of hope.

Upstream Melissa Lion,2009-07-01 A novel for secondary school English classes with great writing and important themes.

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Upstream**

In some sort of inundated with screens and the cacophony of immediate connection, the profound power and psychological resonance of verbal beauty frequently disappear in to obscurity, eclipsed by the regular onslaught of sound and distractions. However, nestled within the lyrical pages of **Upstream**, a charming work of literary brilliance that pulses with fresh feelings, lies an unforgettable journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, that exciting opus guides visitors on a psychological odyssey, delicately exposing the latent potential and profound affect embedded within the delicate web of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is key themes, dissect their interesting writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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